



Planning Your Career Path in Psychology

The APA's Resource for Individual Development Plans (IDP) is a free, online tool that helps you assess your professional interests, explore careers, match your skills and competencies to career options of interest to you, and create a plan to be on your way.

APA's Center for Workforce Studies (CWS) collects, analyzes and disseminates data about the psychology workforce and education system. Use CWS's data tools in the IDP process to learn more about jobs and occupations today.

CONTACT

Karen Stamm, PhD
Director
APA's Center for Workforce Studies
kstamm@apa.org

Garth A. Fowler, PhD
Associate Executive Director
APA's Office of Graduate and
Postgraduate Education and Training
gfwler@apa.org



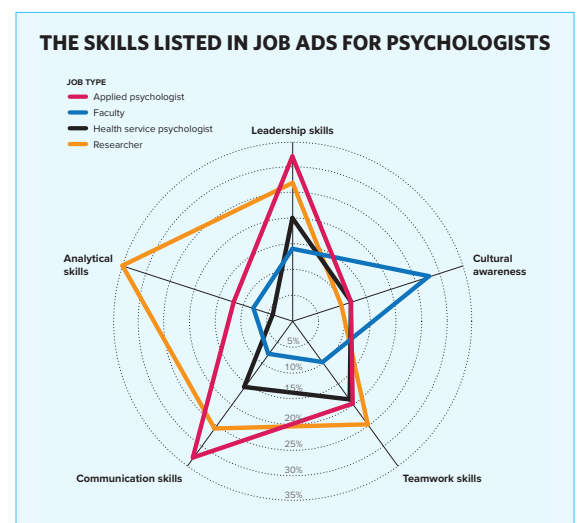
STEP ONE

ASSESS YOUR VALUES, SKILLS AND INTERESTS

Use CWS's Qualifications Data Tool

What Skills Do You Think You'll Use?

- Leadership
- Communication
- Teamwork
- Analytics skills
- Computer skills
- Multilingual/specific languages
- Organizational skills
- Cultural Awareness
- Critical thinking/problem solving



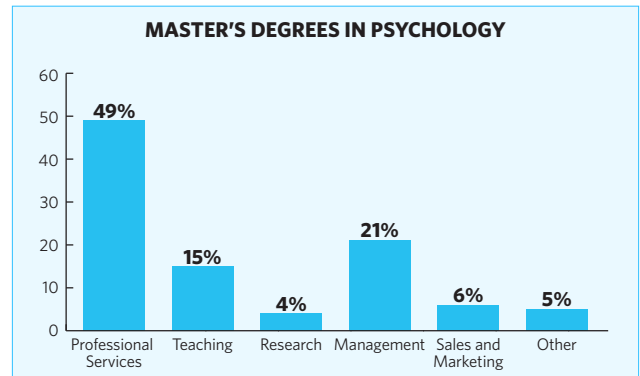
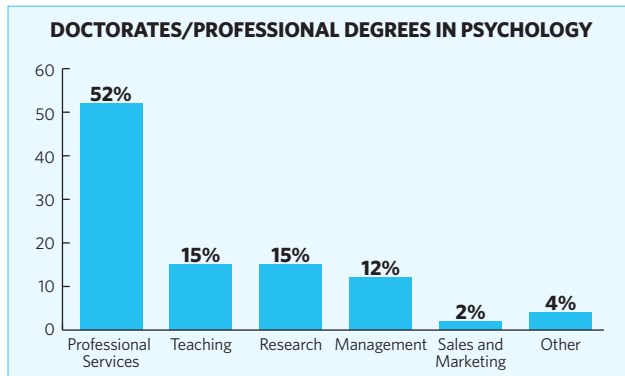


STEP TWO

EXPLORE CAREERS

LEARN THE SKILLS, KNOWLEDGE AND ABILITIES NEEDED FOR THEM

Use CWS's Careers in Psychology Data Tool



STEP THREE

COMPARE AND CONTRAST YOUR CAREER GOALS WITH YOUR CURRENT SKILL SET AND TRAINING

Use CWS's Qualifications Data Tool

Create a list of the skills, knowledge, abilities, experiences and competencies you need for the careers or jobs that interest you. Identify any that you are missing or need to develop further.



STEP FOUR

SET GOALS

MAKE CONCRETE PLANS TO IMPROVE YOUR SKILLS

Once you identify your ideal career path, focus on any skills you need to develop and create a strategy and time frame to accomplish your goals.



STEP FIVE

IMPLEMENT YOUR PLAN

USE MILESTONES TO MEASURE YOUR PROGRESS

Take advantage of opportunities to gain professional skills and competencies as part of your training, not just those outside of your current research/work responsibilities.

LEARN MORE

[ON.APA.ORG/IDPLAN](https://on.apa.org/idplan)

[ON.APA.ORG/CAREERSINPSYCH](https://on.apa.org/careersinpsych)

[ON.APA.ORG/SKILLSDATATOOL](https://on.apa.org/skillsdatatool)



AMERICAN
PSYCHOLOGICAL
ASSOCIATION